



**Q: What kinds of breakfast cereals satisfy hunger the longest?**

**A:** Studies show a difference in how people feel after eating different types of cereal. Whole-grain cereals seem to satisfy hunger the longest, as well as keep people more alert and less fatigued. Cereals that provide a quick jolt of energy by raising blood sugars rapidly tend to leave people hungrier sooner. These cereals are even linked with eating more at the next meal. Both the high-sugar cereals marketed largely to children, as well as less sweetened cereals made from refined grains, are these less hunger-satisfying cereals. Whole-grain cereals are more satisfying for two possible reasons. Some researchers single out their high-fiber content. It produces a feeling of fullness and slows down the rate at which carbohydrates are digested and absorbed into the blood stream. Other scientists suggest that whole grains themselves raise blood sugars more gradually, prolonging the feeling of fullness. To receive the maximum satisfaction from whole-grain cereals, make sure the first ingredient is a whole grain, like whole wheat or whole oats. Second, look for at least three - preferably five or more - grams of fiber per serving.

For more information on weight gain prevention contact your local **Health and Wellness Center (HAWC)** or **Dietitian** or visit the **SYFYW community website** at <http://airforcemedicine.afms.mil/shapeyourfuture>.

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